facilities and attractions.

Walking is Hume’s most popular recreational activity. Tullamarine Reserve, Melrose Dve & Gladstone Park, Ginifer Reserve is an ideal venue for a leisurely walk, jog or cycle. Hume City offers an exciting mix of experiences for those who live, work and play here.

In addition to these facilities, the City boasts a splendid array of parks and gardens that are an ideal venue for a leisurely walk, jog or cycle. Walking is Hume’s most popular recreational activity. Hume City offers an exciting mix of experiences for those who live, work and play here.

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These maps are intended to help you make your way around town and also enjoy our many facilities and attractions.
**Benefits of Activity**

If you are physically active, you will most likely:
- Have improved mental health
- Feel more energised
- Manage your weight better
- Have enhanced balance, coordination, mobility, strength and endurance
- Feel more content, happy and relaxed, and able to sleep better

**Why walk and cycle**

Walking and cycling are ideal forms of physical activity because:
- Almost everyone can participate
- You can exercise or just enjoy being on the move
- You can incorporate these activities into your daily travel patterns such as walking or cycling to work, to the shops or school
- You can do it on your own or as part of a group
- You enjoy your local neighbourhood or beyond

**Ideas to help you get motivated to exercise**

You are the most important source of motivation. Start off slowly and set realistic goals for yourself. Other factors can assist and some good tips to help you stays active:

- Try to incorporate movement and activity into your everyday routine (e.g. getting off a stop early to walk to work).
- Choose an activity you really enjoy doing (you may have to try a special offer or exercise class first).
- Be active with a friend or family member.
- Look for exercise options convenient and close to your home or work.
- Get yourself some new, realistic and achievable goals and re-evaluate yourself regularly when you achieve them. In general, keep the goal a bit higher than you think you can achieve it in 3-4 weeks (e.g. 20 minutes).
- Plan your weekly activity diary, so you can plan your week and track your progress and reward yourself if you are meeting your goals.
- Remember you will have setbacks that interrupt your activities. The key is to treat setbacks as temporary and to get going again as soon as you can.

**How to join a bicycle or walking group**

Many cyclists may have only ridden along local streets and surrounding suburbs. This is a good way to get started cycling, but after taking the above points many times, you may be ready to venture further.

- You don’t have to set aside a special time for exercise. You can incorporate these activities into your daily travel patterns such as walking or cycling to work, to the shops or school.
- Maybe you’re looking for somebody who enjoys the same paths many times, you may be ready to break away from the group.
- Maybe you’re looking for a group of people who ride the same paths many times, you may be ready to break away from the group.
- Try to incorporate movement and activity into your daily routine (e.g. getting off a stop early to walk to work).
- Choose an activity you really enjoy doing (you may have to try a special offer or exercise class first).
- Be active with a friend or family member.
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**Safe Walking**

Walking is the most sustainable way to achieve all the most important things you can do for your mental and physical well being.

**Walking tips:**

- When crossing roads, remember to look both ways, twice and think.
- Where possible, cross at pedestrian crossings or in all situations you have a clear view of all traffic and where drivers can see you.
- Wear brightly coloured clothing, and at night a reflective aid is useful.
- Walking with someone is safer than walking on your own. Encourage family, friends or a neighbour to join you.
- When walking on your own remember to tell someone where you are going and give them an estimated time of your return.
- Don’t be the nut of the pack and/or be aware of what’s happening behind you. If you have a child or child, please choose the path to the lot so as to avoid other pedestrians, cyclists, runners, skaters, scooters and other users to pass easily.

**Safe Cycling**

Helmets: A helmet can provide vital protection. If you fall off your bike and are seriously hurt, it is essential that the helmet is comfortable and correctly fitted.

- **Lighting:** This can be a headlight, a rear light or both.
- **Reflective clothing:** Wearing reflective vest or jacket will make you stand out to other road users and is highly recommended if you are intending to cycle at night or in heavy traffic.

**For more cycling tips visit www.urbanbicyclist.org**